

FOSTERING A HEALTHY AND HAPPY RELATIONSHIP WITH FOOD

BREAKFAST:

A selection of cereals is available for children for breakfast Ready Brek, Rice Krispies, Weetabix and Overnight Oats with seasonal fruits

[1.1, 1.2 ,3,5]

SNACK

Freshly peeled and chopped fruit is served for mid-morning snack.

VEGETARIAN

Vegetarian dinner options provided everyday.

MONDAY

Dinner: Pasta Bolognese

Irish sourced ground beef, packed with peppers in a traditional tomato sauce and served with pasta.

[1.1,5]

Tea: Home-made Vegetable Soup,

served with freshly baked chef's brown bread [1,5]

TUESDAY

Dinner: Turkey Casserole

Turkey meat cooked in a light gravy, with peppers and sweet potatoes and served with boiled potatoes.

[5]

Tea: Chef's Sage and Courgette Brown Scone

served with diced cheese. [1.1,4]

WEDNESDAY

Dinner: Two Bean Chili

Protein-filled chick beans and chilli beans cooked in a tomato-based sauce and served with brown rice.

[4,5]

Tea: Home-made Minestrone Soup,

served with freshly baked chef's brown bread[1.1,2,4,5]

THURSDAY

Dinner: Beef Stew and Potatoes

Irish sourced round steak, slowly cooked with winter root vegetables and served in a dark rich gravy with potatoes. [5]

Tea: Carrot Loaf with Raisins,

served with chopped fruit [1.1, 2, 4]

FRIDAY

Dinner: Chicken and Chorizo Jambalaya

A traditional Cajun dish, with chicken and mildly spiced chorizo sausage, served with rice. [1.1,5]

Tea: Pizza Time

Home-made whole meal base, layered with vegetable-packed tomato sauce and served with red pepper, red onion, celery, and carrot toppings. This Chef's treat is oven baked and completed with a layer of cheese, ham and mixed herbs. [1.1,4,5]

Allergens:

1.1 Wheat 1.2 Oats 2. Eggs 3.Soya 4.Milk 5.Celery 6. Sulphates

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VEGETARIAN

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MONDAY

Dinner: Chicken Curry Chicken

cooked with seasonal vegetables in a creamy coconut milk sauce and mildly spiced to the children's tastes. Served with brown rice. [5]

Tea: Home-made Tomato Soup.

served with freshly baked chef's brown bread [1.1,5]

THURSDAY

Dinner: Beef Casserole

Diced Irish sourced round steak, slowly cooked with parsnips, carrots, onions and served with potatoes in a rich brown gravy. [5]

Tea: Chef's Special Fried Rice

served with vegetables according to the children's taste. [2,5]

TUESDAY

Dinner: Cottage Pie

Irish sourced ground beef, cooked with carrots, parsnips and turnips and topped with creamy mashed potato. [4,5]

Tea: Make your own Sandwich Chef's

home-made bread, sliced and served with a selection of fillings for children to be creative. [1.1, 2,4]

FRIDAY

Dinner: Chicken Alfredo

Chicken prepared in a creamy mushroom sauce and served with pasta. [1.1,5]

Tea: Pizza Time

Home-made whole meal base, layered with vegetable-packed tomato sauce and served with red pepper, red onion, celery, and carrot toppings. This Chef's treat is oven baked and completed with a layer of cheese, ham and mixed herbs. [1.1,4,5]

WEDNESDAY

Dinner: Leak and Butterbean Pasta Pasta

served with a creamy butterbean, leak, onion and mushroom sauce. [1.1,5]

Tea: Home Made Baked Potato Wedges

served with beans. [no allergen]

Allergens:

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VEGETARIAN

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MONDAY

Dinner: Chicken Milano

Chicken cooked in a rich basil and tomato sauce, flaked with crème fraîche and served with pasta.
[1.1,4,5]

Tea: Cheesy Garlic Bread

served with a selection of vegetable sticks. [1.1,2,4]

THURSDAY

Dinner: Spinach and Tomato Pasta

Vegetable style Bolognese sauce with wilted spinach and tomato, served with pasta. [1.1,5]

Tea: Home-made Leek and Potato Soup.

served with freshly baked chef's brown bread [1.1,5]

TUESDAY

Dinner: Chicken Hot Pot

Chicken slowly cooked with root vegetables and pulses, including cannellini beans and served with potatoes. [5]

Tea: Chef's Apple Loaf

served with yoghurt [1.1, 4]

FRIDAY

Dinner: Korean Beef

Irish sourced ground beef, cooked with ginger, chilli and onions for a distinctly oriental flavour and served with rice. [5]

Tea: Pizza Time

Home-made whole meal base, layered with vegetable-packed tomato sauce and served with red pepper, red onion, celery, and carrot toppings. This Chef's treat is oven baked and completed with a layer of cheese, ham and mixed herbs. [1.1,4,5]

WEDNESDAY

Dinner: Beef Stroganoff Irish sourced beef

served in a butterbean, leek, onion and mushroom cream sauce and served with brown rice. [4,5]

Tea: Garlic, Rosemary and Cherry-tomato Focaccia.

served with a selection of vegetable sticks [1.1,4]

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